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SOLOMON ISLAND

EDIBLE ORNAMENTAL GOURD.

This is a new Vegetable and is unknown in the United States. In Australiasia it has various names, the most common of which is the Guada Bean, but it is not a Bean, it belongs to the Gourd Family.

They are easily grown, and require very little care, and will be in full bearing three months after planting, but they must have warm or hot weather and plenty of water.

The vine is a climber, the leaves are large and lobed, the flowers white, with filaments, are scented and look like a large beautiful Orchid.

The Gourds are of the thickness of a man's wrist and grow to a length of 5 and 6 feet, they assume various shapes, some straight, some bent and coiled like large snakes ready to strike, their color is green with white stripes, but when over-ripe some will be yellow, some purple and others a deep copper red they make a very rare and attractive appearance.

The "Cottage Gardener" (a leading Australian Garden Magazine) says "It is the most appetizing Vegetable grown,—they are splendid, no peeling, no strings, no trouble."

HOW AND WHEN TO PLANT

Work the soil well to a considerable depth, not too much manure but what you do use, thoroughly rotted, keep the ground turned over until the plants are ready to transplant.

Fill a box with a mixture of well screened soil, sand and well-rotted manure; soak with a weak liquid manure, plant the seeds in this not more than one inch deep; a sheet of glass placed over the top will conserve the moisture and promote germination.

When they are in the rough leaf transplant, placing them three feet apart; give them a trellis, fence or side of a house to climb on. Pinch off the shoots and as the crop forms divert the sap into the gourds. Plant during the hot months; they thrive best where there is neither excessive rainfall nor extreme drouth.

TO COOK

It must be used before it reaches the first stage of ripeness; scrape well, cut into three to six inch lengths and slit up into shreds, or cut into cubes or into rings; place into slightly salt water for one hour, then throw into boiling water and twelve minutes after coming to the boil try with a skewer and if sufficiently soft strain through a colander and serve hot; two or three minutes longer may be necessary but over-cooking is fatal to the delicate flavor.

Another way of cooking is to cut into lengths and stuff full of sausage meat or mince, and fry with a plate over the pan during the first half of the cooking. It is the most appetizing vegetable grown, combining the flavor of the cucumber and the finest French bean.

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